

**Abstract of the Disclosure:**

420 Athletic performance is enhanced based on methods and articles for customizing the mass  
addition characteristics of garments as appropriate to the desired athletic performance  
benefits sought. The enhancements can be explained and implemented by the analysis of  
specific components of balance associated with the body structure of the athlete. The  
customized mass addition may be achieved by a carrier mateable or insertable with the  
425 garment, or by integral manufacture of mass addition garments whose effectiveness is  
based on components of balance principles.